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# Manual Handling including Tyres Training

For more information, visit our [Manual Handling including Tyres Training](#) webpage.

## COURSE CONTENTS

This training course is broken down into 5 sections

- 1 You and Your Back
- 2 Preparation
- 3 Manual Handling
- 4 Moving and Lifting TYRES
- 5 Conclusion

## LEARNING OUTCOMES

- ✔ Learn about and show commitment to the Manual Handling Operations Regulations 1992 and other legislation
- ✔ Learn how to correctly lift and move tyres - this includes different sizes and types of tyres
- ✔ Learn how manual handling can affect your health and the correct practices for lifting and moving objects

## ABOUT THIS COURSE

Being competent in safe Manual Handling is a **legal requirement** for your workplace, and this course provides everything you need to know - specifically addressing the task of moving and lifting tyres.

This Manual Handling course introduces the **importance of safe manual handling** in the workplace; essentially, this means the task of moving, lifting and transporting potentially heavy objects. It covers safe techniques for moving and lifting (including LITE), as well as looking at the anatomy of your back - helping you understand why it is so important to adopt best practice for lifting heavy or awkwardly shaped objects.

An estimated **909,000** working days are lost every year due to poor manual handling techniques. Poor manual handling also contributes to around **24% of injuries** reported to RIDDOR. Ensure best practices and understand responsibilities for both employees and employers with our online course - It only takes 40 minutes to complete!

This course is an extended version of our best-selling [Manual Handling Training](#) programme, and is particularly suited to those working around tyres; whether it's **mechanics, tyre manufacturers** or **fleet managers**.